

U R P **UNIVERSAL RESPIRATORY PRECAUTIONS**

**HELP PREVENT THE SPREAD OF
COLDS, FLU AND SARS**



**COVER COUGHS AND
SNEEZES WITH TISSUES
OR SURGICAL MASKS**



**WASH HANDS
FREQUENTLY**



**STAY HOME IF YOU
ARE FEELING SICK**



**GET YOUR FLU AND
PNEU VACCINES**

For more information: www.nj.gov/flu

